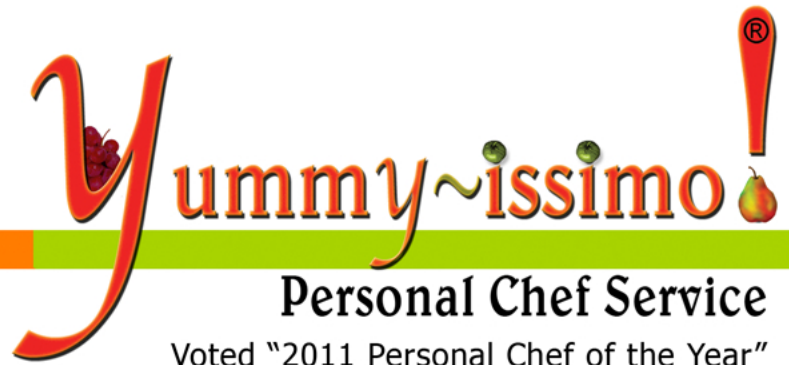


Marinated Beef Kabobs



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

Serves 4

1/2c soy sauce	2 green onions, finely minced	2 yellow squash, cut into 2" pieces
1/3c sesame oil	1 1/2 pounds beef tenderloin, cubed	1 red bell pepper, cut into 2" pieces
3T balsamic vinegar	2 zucchini, cut into 2" pieces	8 button mushrooms
2T Dijon mustard		8 wooden skewers
3 garlic cloves, minced		

Mix together soy sauce, sesame oil, balsamic vinegar, mustard, garlic and green onions. Pour into large zip~lock bag and add beef cubes. Seal, squeezing out as much air as possible and refrigerate at least 8 hours and up to 48 hours.

Soak wooden skewers in water 30 minutes. Remove beef from refrigerator and allow to sit at room temperature 1 hour. Thread onto skewers alternating with vegetables and place on broiler pan.

Broil 4~6" from heat for 4~5 minutes, turning after 2 minutes. Brush occasionally with marinade.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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